46,000 CHILDREN WITH NEGLECTED EYESIGHT

LB 3451
F

M.C. MIGEL LIBRARY
AMERICAN PRINTING
HOUSE FOR THE BLIND

42087-MIGEL-A

SCIENCE AND INVENTION
LITERARY DIGEST
APRIL 9 1932

LB3451
F
cop. 1

TAKE CARE OF YOUR EYE
There was a little old woman
and a little old man
She put the Gingerbread
in the little old kettle
under the little old pan

"Paul Parker Photo." Courtesy of the National Society for the Prevention of Blindness

A "Sight-Saving Class"

Here children handicapped by seriously defective vision receive a normal education with a minimum of eye-strain. Books in large type, adjustable desks, carefully measured lighting, and special teaching methods are used.

46,000 Children With Neglected Eyesight

THE EYESIGHT OF AT LEAST 46,000 American school children, who suffer from seriously defective vision, is unnecessarily jeopardized.

This charge is made by Lewis H. Carris, of New York City, managing director of the National Society for the Prevention of Blindness, in an address before the International Council for the Education of Exceptional Children.

Mr. Carris placed before the Council statistics on "sight-saving classes" gathered by the Society, at the request of the recent White House Conference on Child Health and Protection. These figures disclosed that, altho 50,000 school children are known to be suffering from defective vision in the United States, special educational facilities are provided for only 4,000 of them. He is thus quoted in a press bulletin issued by the Society:

"Next year will be the twentieth anniversary of the establishment of the first sight-saving classes in the United States—in Boston and Cleveland. There are now 400 of these classes in 112 communities. No one can ever know how valuable they have been to society and to the children who have received an education under expert care.

"Before assignment to these sight-saving classes, many of the children were accounted sullen, mentally subnormal, morose, and even criminal. When they became adjusted to their new surroundings, in which their eye troubles were taken into consideration, these children displayed normal intelligence and pleasing dispositions.

"The books used in sight-saving classes are usually in very large type. Much of the work is done on the blackboard to relieve eye-strain. Adjustable seats and desks are used, and particular care is exercised in regard to the lighting arrangement in the classroom. Every child is taught the touch system on the typewriter as soon as possible so that the eye-strain of handwriting may be avoided."

HE points out, too, that sight-saving classes offer not only an opportunity for education, but, in many instances, a possibility of helping to check serious eye conditions. Moreover:

"In the vocational guidance that is offered in such classes the child is taught to realize his own possibilities and his own limitations, and is guided to select occupations that will not only be possible for him to execute but such that will not increase his eye difficulties.

"Altho there is a fairly encouraging growth indicated in the number of sight-saving classes established in elementary schools, the work is now at a stage where a considerable number of graduates require advantages offered by junior and senior high schools. To some extent such opportunities are offered, ranging from actual classes established to the providing of advisers and student-readers, but in altogether too large a number of communities no such provision is made, hence the special education provided in the elementary school does not result in the greatest attainment. Only two cities, Cleveland and Detroit, report provisions for sight-saving class pupils in vocational junior high schools."

SINCE the State makes education compulsory, Mr. Carris thinks that it should aid in providing this in a form that can be assimilated. Only fourteen States have done this by legislative measures and by providing financial assistance—the assistance taking the form of a per capita appropriation, an arrangement for the expenditure of special sums, or the payment of a part of the teacher's salary. About 95 per cent. of all our sight-saving classes have been established in these fourteen States. On the other hand, out of thirty-five cities having a population of over 100,000 that have not established sight-saving classes, eleven are in States making financial provision. He goes on:

"The per capita cost of educating children in sight-saving classes is usually from $200 to $250; it ranges from $132 to $331 per year. The per capita cost of educating other groups shows an equally wide variation: in regular grades from $47 to $124; in classes for the deaf from $226 to $431; in orthopedic classes from $88 to $378.

"It is obvious that special facilities for educating mentally or physically handicapped children cost more than those provided for normal children. If, by providing them, the State is enabled to change potential liabilities into actual assets, no further justification is necessary. It must always be borne in mind, however, that this extra outlay is for the purpose of providing an even chance, and that extra dividends can not be expected from the individual child for whom the outlay is made.

"The most important justification for the additional cost involved through such methods is the psychological state of handicapped children. A child suffering from any handicap is likely to develop complexes and inhibitions arising directly out of the handicap. If, in addition, he develops a new set of complexes and inhibitions arising from failure, he becomes doubly handicapped.

"The sight-saving class teaching personnel is composed of a group having in the main good educational foundation; a fairly high percentage of these teachers are specially trained for this work. An increasing number of teacher-training institutions in various parts of the country are offering courses."

A New Landmark in Canned Food Values

ANNOUNCING

Del Monte vitamin-protected Foods

COPYRIGHT 1932, CALIFORNIA PACKING CORPORATION

Science says you need these health-essentials. Why not be sure you get them when they cost you nothing extra?

During the past few years, food authorities have given us a brand new reason for including fruits and vegetables in our diet. Vitamins! — those mysterious, elusive elements that are so essential in promoting growth and guarding health.

But science also offers a warning. A tremendously important warning when it comes to vitamins. *Be sure you get them!*

For vitamins are *not* fixed, stable elements—like proteins, fats or carbohydrates. They are as variable as flavor itself. Nature develops them slowly — and unless properly protected, they are easily lost.

Because of these facts, DEL MONTE offers you an entirely new standard for your judgment of food values — DEL MONTE "vitamin-protected" foods. A promise—and a safeguard—that makes it more important than ever to insist on the DEL MONTE label.

Read what this guarantee means

Oxygen is the foe of vitamins, just as it is of flavor. When you cook raw foods at home, even in a covered container, the oxygen of air is always present. Certain vitamins are lost.[1]

Before DEL MONTE Fruits and Vegetables are cooked, the air is drawn or exhausted from the can. The can is sealed air-tight. It has been scientifically established that such methods, impossible in your own kitchen, effectively prevent most of the vitamin loss which occurs in cooking at home.[2, 3]

But there are still other dangers of vitamin loss just as important to guard against — and even more difficult to overcome.

Experiments have shown, for instance, that vitamin values may vary as much as 100% *between different brands of the same canned product.*[4] What makes this difference?

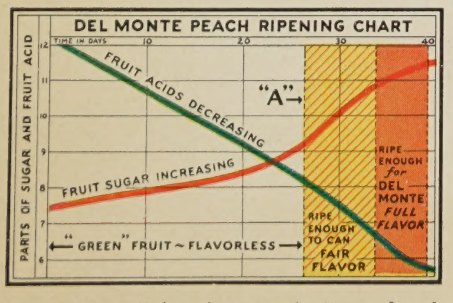
Here are some of the conclusions drawn from actual feeding tests:

First—The vitamin content of fruits is highest at the point of perfect ripeness. The vitamin content of vegetables is highest while these foods are young and tender. *Unless fruits and vegetables are harvested at just these points, it is impossible to be sure of all the health-promoting values these foods should have.*[5]

Second—Fruits and vegetables start to lose vitamins as soon as they are picked. *Even the matter of hours between harvesting and canning therefore makes a difference in vitamin content. Speed in canning is essential.*

To pick each variety at the moment of perfection — and to can it so quickly — calls for far greater skill and far greater care than ordinary canning methods. But it *does* bring you extra "vitamin-protection."

It calls for greater resources, too — resources enjoyed by few canners. With seventy-seven canneries, packing establishments, ranches and farms in California alone, with forty others scattered from Florida to Hawaii, DEL MONTE is able to bring you *special assurance of vitamin-protection before each product is picked—special assurance that vitamin loss from slow or careless handling after picking has been eliminated as far as skill and care can go.*



DEL MONTE "vitamin-protection" goes hand-in-hand with finer flavor—If you want to be sure of the greatest value in the fruits and vegetables you buy, DEL MONTE's extra care in selecting only raw foods at the peak of perfection, is especially important. Under ordinary canning methods, fruit may be canned when it reaches the point marked "A" on the chart. DEL MONTE demands still further ripening *on the tree*—an added assurance of finest flavor and maximum vitamin content, under this brand.

QUICK FACTS ABOUT VITAMINS

and their importance in your diet

The term "vitamins" designates a group of substances distinct in their functions from proteins, carbohydrates, fats and mineral salts.

They have no food value in themselves, they do not in themselves supply energy or build tissue. Yet they are absolutely essential for growth and health. Without them, our bodies cannot properly assimilate or use the foods we eat. Vitamins are the "vital spark" which keeps the human engine running smoothly.

While vitamins are widely distributed in Nature —that is, in properly matured, perfectly fresh natural (raw) foods—they are not always present, in full strength, in these same foods as they reach your table. Premature harvesting, storage or transportation over long distances to market, and cooking in the presence of air (as on your kitchen stove), all impair the vitamin content of foods.

The best way to make sure that your diet contains an adequate supply of vitamins is:

First, eat a wide variety of fruits, vegetables, fish, milk, and other foods known to be good vitamin sources;

Second, assure yourself that every possible and practical precaution has been taken to bring these foods to your table "vitamin-protected."

Why accept less?

In times like these, you certainly want the most for your money. Right now is the season, too, when your menus ought to have every bit of the value Nature puts into her foods.

Serve plenty of fruits and vegetables—be sure you get DEL MONTE!

There's no new mark to look for. *All DEL MONTE Foods in which vitamins are naturally present are "vitamin-protected."*

Best of all, they're extremely low in cost. Many of them at prices which have not been equalled in years. Enjoy all the variety you want. And with it, the wonderful assurance that you are getting the fine, healthful properties Nature intended your everyday foods to have—protected at every step from field and orchard to your table.

[1] *Biochem. J.*, 17, 410 (1923). [2] *Ind. Eng. Chem.*, 20, 202 (1928). [3] *Ind. Eng. Chem.*, 23, 1064 (1931). [4] *J. Agr. Research*, 41, 51 (1930). [5] *"The Vitamins," Sherman & Smith, p. 195 (1931).*

The vitamins most important in your diet — and some of their common food sources, "vitamin-protected" under the DEL MONTE label

VITAMIN A	VITAMIN B*	VITAMIN C
Promotes growth; strengthens resistance to colds and similar infections.	*Promotes nerve health and aids appetite.*	*Prevents scurvy; most easily destroyed of all vitamins.*
Asparagus	Apples	Apples
Carrots	Asparagus	Carrots
Cherries	Beets	Corn
Peas	Carrots	Grapefruit
Prunes	Cherries	Lima Beans
Pumpkin	Corn	Peaches
Salmon	Grapefruit	Pears
Sauerkraut	Lima Beans	Peas
Spinach	Peaches	Pineapple
Strawberries	Peas	Pumpkin
String Beans	Pineapple	Raspberries
Sweet Potatoes	Prunes	Sauerkraut
Tomatoes	Raisins	Spinach
Tomato Juice	Salmon	Strawberries
	Sauerkraut	String Beans
	Spinach	Sweet Potatoes
	Strawberries	Tomatoes
	String Beans	Tomato Juice
	Sweet Potatoes	
	Tomatoes	
	Tomato Juice	

**Vitamin B is probably more affected by heat than the other vitamins. Del Monte methods of selection and process reduce this loss to a minimum.*

VITAMIN D — *Aids bone growth; prevents rickets. Especially important in child feeding. Particularly good sources of this vitamin are:* DEL MONTE Canned Fish, Salmon, Sardines and Tuna.

Bro-Dart INDUSTRIES
Newark 14, N.J. • Los Angeles 25, Calif.
Toronto 2B, Ontario Made in U. S. A.